

CMDP NEWS

Bi-Annual Newsletter for Arizona's Foster Care Community

FEBRUARY 2005
1795

Ph. 602-351-2245, 1-800-201-

Welcome to the 2005 Winter Edition of the **CMDP NEWS!**



CMDP Formulary

CMDP is introducing a **Preferred Medication List (PML)** for members. The PML, also known as a formulary, is a list of medications preferred by CMDP. The PML takes effect on **April 1, 2005**. CMDP health care providers, including Primary Care Providers (PCP) should consult with the PML when prescribing medications for members.

The medications on the PML have received U.S. Food and Drug Administration approval as safe and effective. A committee of physicians and pharmacists has chosen all of the medications on the list.

Some of the medications or classes of medications need approval in advance or prior authorization (PA) before they are used. Medications on the list marked with a star (*) need a PA.

Not all of the medications on the PML are shown on the handout. If you are not able to find your medication on the list please remember the following:

- Most generic medications are preferred by CMDP
- CMDP covers all medications when your health care provider demonstrates medical necessity.

Over the Counter (OTC) medications may be covered on a case-by-case basis since foster care placements do not receive reimbursement for out of pocket medical expenses. Examples of covered OTC medications may include:

- Medications used for the treatment of scabies and lice
- Antihistamines and decongestants used for the treatment of chronic allergies
- Medically necessary dietary supplements.

A licensed provider must prescribe these OTC medications.



Equal Opportunity Employer Program. Under the Americans with Disabilities Act (ADA), the Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. For example, this means that if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. This document is available in alternative formats by contacting Member Services (602) 351-2245 or 1-800-201-1795. **Empleador/Programa con Igualdad de Oportunidades. Para obtener este documento en otro formato, comuníquese con Servicios para Miembros al 602.351.2245 o al 1-800-201-1795.**

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The PML may change to reflect current medication availability and coverage. It will be updated regularly and as often as needed to reflect important changes. The PML will be posted on the CMDP website at <http://www.azdes.gov/dcyf/cmdpe/>.

For more information on the PML see the handout attached with the newsletter. If you have any questions and or concerns, please contact CMDP Member Services at 602-351-2245 or toll free at 1-800-201-1795.

Step Care

The Step Care process provides for quality of care while promoting the use of less expensive medications. This process is only for new prescriptions at this time. Current prescription refills are not affected.

The Step Care process involves these medications: **Zyrtec, Strattera, Singulair and Prevacid.**

Zyrtec:

Zyrtec is no longer available as a first line drug choice. There are over-the counter (OTC) non-sedating antihistamines (NSA), known as non-drowsy medications, which can be used instead.

Claritin is the first NSA and Claritin-D is the first NSA combination product to be available as an OTC. Both of these products or similar generic OTC medications are preferred over Zyrtec.

Although there may be some differences in the sedative effects among the NSAs, no differences in how well they work have been shown.

Some children have known risks or problems using Claritin or Claritin-D. Others must take NSA medications all the time for skin conditions or asthma. These children can get approval for a prescription NSA or a NSA combination product through the CMDP prior authorization process.

Strattera:

Most of the medications used for Attention Deficit Hyperactivity Disorder (ADHD) are called central nervous stimulants.

Strattera, a non-stimulant, has shown to be equally effective in clinical trials that are still being conducted. Until the trials are completed Strattera is not considered a first line choice for treatment of ADHD and Attention Deficit Disorder (ADD).

Step Care favors the use of traditional, less expensive ADHD stimulant therapy (medication). Approval for Strattera is considered if there are problems with stimulant therapy and or if there are reasons to suspect abuse of a stimulant.

Singulair:

The U.S. Food and Drug Administration (FDA) approved **Singulair** for the treatment of hay fever. However this medication has not shown to be better than antihistamines or other similar medications in clinical studies.

The Step Care process promotes the use of antihistamines or other medications before authorizing Singulair, Accolate or Zyrflo.

Prevacid:

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The use of proton-pump inhibitors (PPIs) to treat heartburn has some concerns. The use of antacids or similar medications often works just as well.

The Step Care process can reduce costs and increase the movement to Prilosec OTC and generics for treatment of this condition.

Step Care ensures that if Prilosec OTC is given for heartburn it must fail before a prescription PPI, such as **Prevacid**, is approved. When a prescription PPI is appropriate, CMDP request a generic medication such as Omeprazole is prescribed.

Antidepressants and Suicidal Behavior in Youth

There has been a lot of media attention about a link between the use of antidepressant medications and the risk of suicide for youth. The antidepressants known as Selective Serotonin Reuptake Inhibitors (SSRIs) involved are Prozac (Fluoxetine), Zoloft, Paxil, Luvox, Celexa, Lexapro, Wellbutrin, Effexor, Serzone and Remeron.



In September 2004 an advisory committee of the U.S. Food and Drug Administration (FDA) recommended a "BLACK BOX" warning be issued in regards to prescribing psychotropic medications for children under 18 years old. This action was taken after clinical trial data suggested the use of SSRI antidepressants might increase the risk of certain suicide-related thoughts.

The American Academy of Child and Adolescent Psychiatry (AACAP) gave testimony to the FDA advisory committee on the treatment of adolescent depression. The AACAP made recommendations to the FDA on the increased risks for adolescents taking these medications.

The AACAP supports treatments that are good for easing depression while allowing normal development. The AACAP also agrees with the FDA's decision for warning language with all antidepressant medications to alert physicians and families to the need to watch for signs of new suicidal thinking or activity during treatment, and to be aware of side effects that may influence suicidal behavior.

Regardless of whether an individual is on antidepressants or not, the following statements suggest an increased risk of suicide and should be carefully assessed in all depressed children and adolescents:

- Individuals who are at the highest risk for suicide are those who have made prior suicide attempts and are currently abusing substances
- Feelings of hopelessness, guilt, shame or worthlessness
- Impulsiveness, panic or anxiety
- No reason for living or lack of future plans
- Serious and chronic medical illness, including chronic pain
- Family history of suicide.

Mental Health and Children in Foster Care

85% of children in foster care experience mental health issues and 70% exhibit moderate to severe mental health disorders. Mental health issues rank as the most common health problem

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reported for children in foster care. The most common issue reported is conduct disorder, followed by suicidal and homicidal ideation, depression, anxiety disorder, attention deficit hyperactivity disorder and oppositional defiant disorder.

Untreated or not fully treated mental health disorders can lead to multiple and unsuccessful placements. This requires more primary care providers to examine and assess the children for mental health services. Also there is a need for more available intensive and expensive treatments.

We need to expect that these children are almost certainly going to have mental health disorders and need mental health services. This requires referrals to the Regional Behavioral Health Authorities (RBHA) when entering foster care.

Adaption to foster care is individual and varies with age, placement and personal history. However several themes are common:

- An initial "honeymoon period" where initial adaptation to foster care appears to go well.
- After about three months it is common for the child to demonstrate limit-testing and acting-out behaviors. The child may also be withdrawn, depressed, angry or aggressive.

Children with trouble forming relationships may stay emotionally detached. They may also display behaviors with food such as hoarding, excessive hunger, thirst or the regurgitation of food.

To assure a successful first placement we need to refer and treat mental health disorders early

and aggressively! Without mental health interventions these children and adolescents may continue to display extreme behaviors and a lack of emotional interaction with foster caregivers. This could lead to a succession of foster homes because of "unsuccessful placements".

For more information on mental health and children in foster care contact the Behavioral Health Coordinators in the CMDP Medical Services Unit at 602-351-2245 or 1-800-201-1795, exts. 7009 or 7060.

For questions about RBHA referrals contact the following RBHA Member Services Departments:

Maricopa County-**ValueOptions-1-800-564-5465**

Pima, Cochise, Greenlee, Graham, Santa Cruz Counties-**CPSA-1-800-771-9889**

Pinal, Gila Counties-**PGBHA-1-800-982-1317**

La Paz County-**EXCEL-1-800-387-4881**

Yuma County-**EXCEL-1-800-880-8901**

Mohave, Coconino, Apache, Navajo, Yavapai Counties-**NARBHA-1-800-640-2123**.

CMDP Provider Network

Please let Provider Services know where you have experienced a need for more health care providers. Identify the community and type of health care providers needed, such as

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pediatricians, dentists, etc. Call Carol Renslow or Cathy Nunez at 602-351-2245 or 1-800-201-1795, ext. 7081 or ext. 7042.



CMDP knows it may be difficult to locate a health care provider outside of Arizona. Out-of-state foster caregivers should use their family doctor and dentist when possible. However all providers are required to register with the Arizona Health Care Cost Containment System.

The Provider Services staff is responsible for handling the registration of all health care providers including those out-of-state. Provider Services staff contacts the identified out-of-state providers. The staff explains health plan coverage and claim payments. Please contact the staff for assistance with out-of-state providers. The phone numbers are 602-351-2245 or 1-800-201-1795, ext. 7042 and ext. 7081.

Request For Member Addresses

It is important that we have the current address of each member. We get the addresses from the agencies that enroll children with our health plan.

To make sure we have the right address for each child in your home, please contact Member Services. CMDP welcomes calls from foster caregivers and members.



No Charges to Members

CMDP members and foster caregivers should not be billed for health services CMDP covers.

CMDP payments are considered payment in full.

The member ID card assures payment for covered health services for current members. The "Notice to Providers" form also serves as identification in place of the member ID card. Providers should accept either one.

CMDP can give proof of eligibility for CMDP covered services. Health care providers and foster caregivers can contact **Member Services** when there are questions or concerns.

If you have to sign any medical forms, please write:

"(Your Name) for DES/CMDP"

Also write, "Send all bills or claims to DES/CMDP

P.O. Box 29202

Phoenix, AZ. 85038-9202"

Always list CMDP as the responsible party for payment. Do not list your home address, phone number or social security number on any bills or claims.



Visit the CMDP Internet Website at:

<http://www.azdes.gov/dcyf/cmdpe/>

**The Comprehensive Medical and
Dental Program (CMDP)
P.O. Box 29202
Phoenix, Arizona 85038**

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